

May 2026

Heart Healthy Menu

Name: _____

Address: _____

SELECT A or B					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
All meals come with milk or water and a butter cup. Entrée subject to change based on client diet.					1
		CANCELLATIONS CALL 219-872-9117 or 219-369-6483 by 10am the day before.		☐ A: Spinach Artichoke Chicken ☐ B: Potato Pollock Mashed Sweet Potatoes Peas Mixed Melon Dinner Roll	
4	5	6	7	8	
☐ A: Sloppy Joe ☐ B: BBQ Pulled Pork Potato Medley Capri Vegetables Fresh Pear Hamburger Bun	☐ A: Hungarian Goulash ☐ B: Chicken Alfredo Egg Noodles Broccoli Carrot Raisin Salad Dinner Roll	☐ A: Chicken & Sausage Gumbo ☐ B: Unstuffed Pepper Casserole Brown Rice Malibu Vegetable Blend Three Bean Salad Cornbread	☐ A: Honey Mustard Chicken ☐ B: Jerk Pork Chop Couscous Green Peas Ambrosia Salad Dinner Roll	☐ A: Chicken Pot Pie ☐ B: Vegetable Lasagna Broccoli & Cauliflower Fresh Orange Dinner Roll	
11	12	13	14	15	
☐ A: Broccoli Stuffed Chicken ☐ B: Swiss Steak Mashed Potatoes Baby Carrots Cranberry Orange Salad Dinner Roll	☐ A: Beef & Broccoli ☐ B: Sesame Chicken Brown Rice Vegetable Egg Roll Asian Sesame Salad	☐ A: Chicken & Dumplings ☐ B: Chili Mac Scandinavian Vegetables Cinnamon Apples Cornbread	☐ A: Chicken w/Cranberry Orange Sauce ☐ B: Pork Chop with Honey Garlic Sauce Sweet Potato Cubes Cauliflower Cheesy Pea Salad Dinner Roll	☐ A: Pot Roast ☐ B: Louisiana Shrimp Cheesy Grits Broccoli Fresh Orange Dinner Roll	
18	19	20	21	22	
☐ A: Bruschetta Chicken ☐ B: Diced Pork in Cream Sauce Whole Grain Rotini Pasta Scandinavian Blend Vegetables Apple Dinner Roll	☐ A: Salisbury Steak w/ Onion ☐ B: Turkey with Gravy Parsley Potatoes Peas & Carrots Garden Cottage Cheese Dinner Roll	☐ A: Chicken Cacciatore ☐ B: Pork Picatta Polenta Normandy Blend Vegetables Garbanzo Bean Salad Dinner Roll	☐ A: Chicken Broccoli Rice Casserole ☐ B: Ham & Beans Italian Green Beans Mixed Fruit Dinner Roll	☐ A: Korean BBQ Beef ☐ B: Honey Hoisin Glazed Salmon Brown Rice Kyoto Vegetable Blend Pineapple Chunks Dinner Roll	
25	26	27	28	29	
★ ★ ★ CLOSED ★ IN OBSERVANCE OF ★ MEMORIAL DAY	☐ A: Beef Burgundy ☐ B: 5-Spice Chicken Brown Rice Green & Wax Beans Pear Waldorf Salad Cornbread	☐ A: Mexican Beef Casserole ☐ B: Turkey Stew French Cut Green Beans Tossed Salad Dinner Roll	☐ A: Beef Taco ☐ B: Chicken Taco Spanish Rice Green Beans Apple Tortilla	☐ A: BBQ Chicken ☐ B: Crab Patty Couscous Italian Vegetables Orange Hamburger Bun	

Making your menu choice is easy!

- Simply circle the menu option you select on the menu order form.
- Return menu form with your volunteer or with your contribution by the 15th of the month to ensure your selections for the next month are honored.
- You will receive option A: if you do not make a choice.
- If you are on a special diet, we ask that you consider your diet restrictions when making your selection.
- Should you choose an item that does not adhere to your dietary restrictions the dietary staff at Meals on Wheels of Northwest Indiana will choose the appropriate meal selection for you.
- We will be unable to make changes due to likes and dislikes. We will, however, honor allergies when possible with a doctor's prescription.

All meals come with milk
and a butter cup.

Entrée subject to change
based on client diet.

Information to help us serve you

- DO NOT relay messages on your menu. Call the office and we will be happy to assist you.
- You may cancel due to appointments or other commitments. To avoid a charge for a missed meal, you must CALL the office before 10:00 a.m. one business day in advance.
- Be sure your name is on the order form.

KEY:

Renal Diet—low sodium, phosphorous and protein

Make your selections and return with volunteer.



MEALS on WHEELS
LAPORTE COUNTY

MAY

Select Menu Order Form

219-872-9117
or
219-369-6483

fax 872-9118

301 E. 8th St. Suite 110
Michigan City, IN 46360

Every effort will be made to provide your selected meal, but occasionally you may be served another meal due to diet restriction or other circumstances.